

Twin Services Consulting

Recommended Reading

The Art of Parenting Twins - the Unique Joys and Challenges of Rearing Twins and Other Multiples by Patricia Maxwell Malmstrom and Janet Poland. Random House/Ballantine Publishing Group. 325 pages. 1999. This is a down-to-earth, comprehensive guide for parents and expectant parents and their care givers which includes the latest research on special health concerns, and the mental, physical and social development of multiples from conception to adulthood. It is filled with information and strategies to help parents understand and enjoy the unique aspects of twin care from nurturing the pregnancy to bonding with more than one baby to finding community resources. Author, Pat Malmstrom, Founder and President of Twin Services, has filled this wonderful resource with the wit and wisdom of the thousands of parents who have used Twin Services' programs since its beginnings in 1978.

When You're Expecting Twins, Triplets, or Quads by Barbara Luke and Tamara Eberlein. Harper Collins. 279 pages. Second edition, 2004. Dr. Luke, a professor of obstetrics at the University of Michigan, has produced an invaluable guide for expectant parents of multiples based upon her clinical program which, when followed, significantly reduces the complications of twin pregnancy.

Having Twins by Elizabeth Noble. Houghton Mifflin Company. 560 pages. Third edition, 2003. This offers a comprehensive discussion of multiple birth and pregnancy management and the early care of multiples. Noble gives forthright arguments in favor of a natural approach to pregnancy management and birthing, including detailed recommendations regarding nutrition and exercise. Clear explanations of the twinning process make this a terrific resource for expectant parents and professionals

Raising Twins: What Parents Want to Know (And What Twins Want to Tell Them) by Eileen M. Pearlman and Jill Alison Gannon. Harper Collins. 2000. Dr. Pearlman, Director of TwInSight, is a monozygotic (identical) twin. She and her co-author have filled this book with interviews of twin children and adults which illuminate key issues of concern to all multiples and their parents.

Entwined Lives: Twins and What They Tell Us About Human Behavior by Nancy L. Segal. E.P. Dutton. 396 pages. April 1999. This fascinating book is a comprehensive survey of twin research filled with entertaining anecdotes. This is a definitive guide for twins, their families, and anyone curious about the phenomenon of twinning. Dr. Segal, a twin herself, directs the Twins Study Center at CA State University, Fullerton.

Multiple Pregnancy: Epidemiology, Gestation & Perinatal Outcome edited by Louis Keith, Emile Papiernik, Donald Keith and Barbara Luke. Parthenon Publishing Group. 696 pages. 1995. An informative compendium of research on multiple pregnancy and management by scientists from around the world.

Twins Magazine This bi-monthly magazine includes regular columns and many features addressing key issues of life with twins and much of the fun. Subscriptions: 888-55-TWINS.

Twin Research Official journal of the International Society for Twin Studies. Published six times a year by Australian Academic Press. E-mail to: Membership & Subscription Officer, ists@qimr.edu.au International content covering broad spectrum of research in diverse fields including, epidemiology, behavior genetics, obstetrics and pediatrics.